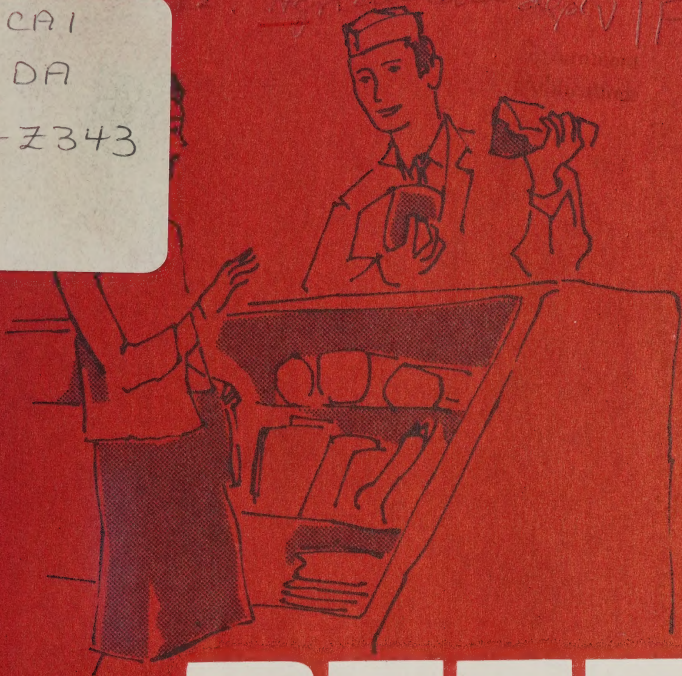


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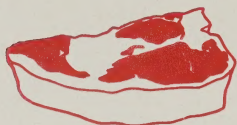


# BEEF CUTS



## ROASTS

PORTERHOUSE OR T-BONE — R

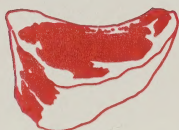


STANDING RIB — R

SIRLOIN — R



WING — R



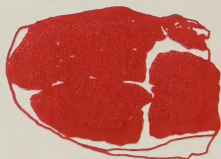
ROLLED RIB — R



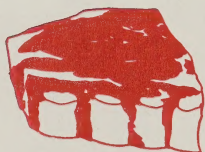
SIRLOIN TIP — R



ROUND RUMP — R



CROSS RIB — PR



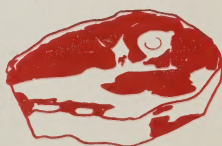
SQUARE RUMP — R, PR



BLADE — PR



ROUND BONE SHOULDER — PR

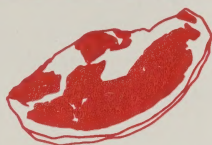


## STEAKS

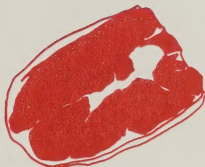
PORTERHOUSE OR  
T-BONE STEAK — P, B



SIRLOIN STEAK — P, B



ROUND STEAK — Br, P, B



FLANK STEAK — Br



WING OR CLUB STEAK — P, B



## OTHER CUTS

BRISKET POINT — PR, Bo



SHANK — Bo, S



SHORT RIBS — Br, S



STEWING BEEF — S

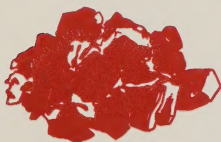


PLATE BRISKET — PR, Bo



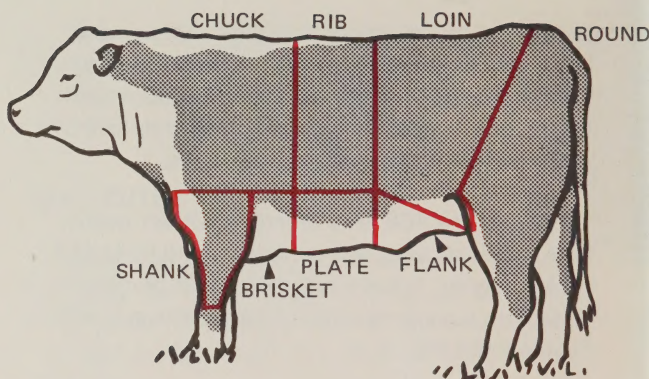
## KEY TO COOKING METHODS

R — roast  
P — panfry

B — broil  
PR — pot roast

Br — braise  
Bo — boil  
S — stew





### APPROXIMATE WEIGHT OF CARCASS, HIND AND FRONT

		%	Weight of Quarters (lbs)	
			Both Quarters	One Quarter
Carcass 570 pounds	Hind	48	274	137
	Front	52	296	148
	TOTAL		570	285

### FAT, BONES AND CUTTING SHRINKAGE

The approximate percentage of the above is:

	Hind	Front	Carcass
Fat	13.7	12.2	13.0
Bones	14.4	12.8	13.6
Cutting shrinkage	0.7	1.5	1.1
TOTAL	28.8	26.5	27.7

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to Buy – How to Cook.



## APPROXIMATE WEIGHTS AND PERCENTAGES

	Weight (lbs)	% of Hind	% of Carcass
HIND (137 pounds)			
Round steak	18.25	13.3	6.4
Rump roasts	12.25	8.9	4.3
Boneless sirloin tip	7.25	5.3	2.6
Cube steaks	3.00	2.2	1.1
Boneless shank	11.00	8.0	3.9
Sirloin steaks	13.25	9.7	4.6
T-Bone and porterhouse steaks	11.25	8.3	4.0
Wing steaks	5.25	3.8	1.8
Flank steak	1.25	0.9	.4
Boneless flank	7.50	5.5	2.6
Subtotal	90.25	65.9	31.7
Trimmings	7.25	5.3	2.5
Fat	18.75	13.7	6.6
Bones	19.75	14.4	6.9
Cutting shrinkage	1.00	0.7	.3
Subtotal	46.75	34.1	16.3
TOTAL	137.00	100.0	48.0

## FRONT (148 pounds)

Rib roasts (bone-in)	18.50	12.5	6.5
Braising ribs	8.75	5.9	3.1
Blade roast (blade bone removed)	14.75	10.0	5.2
Short rib roast (bone-in)	12.75	8.7	4.5
Cross rib roast (bone-in)	10.25	6.9	3.6
Boneless shoulder and neck	13.50	9.1	4.7
Boneless brisket plate	9.00	6.1	3.2
Brisket point (bone-in)	11.25	7.6	3.9
Boneless shank	5.50	3.7	1.9
Subtotal	104.25	70.5	36.6
Trimmings	4.50	3.0	1.6
Fat	18.00	12.2	6.3
Bones	19.00	12.8	6.7
Cutting shrinkage	2.25	1.5	0.8
Subtotal	43.75	29.5	15.4
TOTAL	148.00	100.0	52.0



## MEAT INSPECTION

Any meat plant in Canada that applies and meets the requirements may receive inspection service provided by the Health of Animals Branch, Canada Department of Agriculture. In inspected plants, federal veterinarians examine meat animals before and after slaughter to ensure that all diseased or otherwise unwholesome meat is condemned as unfit for human consumption. Federally inspected meat and meat products are stamped, tagged or labeled with the official Inspection Legend — a round stamp bearing a crown in the center and, around the crown, the words "Canada Approved" or "Canada," plus the registered number of the plant. This stamp does not indicate quality or grade but means that the food is fit for human consumption.

## GRADING OF BEEF

When health-inspected beef is graded by graders of the Livestock Division, Canada Department of Agriculture, a grade mark similar to the above is stamped on the five major wholesale cuts. After



that it may be ribbon-branded by the processor, using the appropriate color to indicate the grade. The ribbon brand is placed on the carcass in such a way that it appears on each retail cut, so that shoppers can readily recognize the grade.

**CANADA CHOICE** (red brand) — highest quality beef, from carcasses of young steers and heifers of choice quality. It has a high proportion of meat to bone with a good covering of fat. The lean is well marbled with fat.

**CÁNADA GOOD** (blue brand) — from carcasses of young steers and heifers of good quality. It has a lower proportion of meat to bone and less fat than Canada Choice.

**CANADA STANDARD** (brown brand) — from carcasses of young steers and heifers. It has a lower proportion of fat to lean meat than Canada Good. Canada Commercial and Canada Utility are not generally available on the retail market.

### **APPROXIMATE YIELD OF RETAIL CUTS FROM A 570-POUND CHOICE STEER CARCASS**

The yield of individual cuts varies considerably for several reasons:

- different cutting methods
- the amount of fat that is trimmed



- the amount of lean that is trimmed, particularly from steaks
- the amount of bone removed and the number of cuts offered boneless

## BEEF CUTS

Whether you buy beef by the pound or quarter, knowing the various cuts will help you buy with confidence. The location of the cuts on a carcass of beef is also important, as it is your key to cooking.

### AMOUNT TO BUY — RETAIL CUTS

The number of servings that can be obtained from a pound of meat depend on the amount of bone, fat and gristle. Cooking loss and size of serving must also be taken into account. Allow the following for an average serving:

<i>Cut</i>	<i>Weight (pounds)</i>
Boneless roasts	1/4 to 1/3
Bone-in roasts	1/3 to 1/2
Steaks	1/3 to 1/2
Chops	1/3 to 1/2
Stew meat (boneless)	1/3
Stew meat (bone-in)	1/2
Ground meat	1/4 to 1/3

### CHOOSE BY THE CUT, YOUR KEY TO COOKING

The tenderest cuts are from the rib and loin sections. Tender cuts of meat are best cooked by dry heat, such as broiling, roasting and panfrying. Slow cooking in moist heat — for example, stewing, pot roasting and braising — makes other cuts tender by softening connective tissue.

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